

Understanding HIV PrEP



Pre-Exposure Prophylaxis (PrEP) is a medication that helps prevent HIV

What is PrEP?

- PrEP is a medication that can stop someone from getting HIV.
- PrEP is taken before exposure to ensure there is enough medication in the body to prevent someone from getting HIV.
- PrEP is for anyone who is HIV negative and is at higher risk of getting HIV.
- PrEP is highly effective when taken correctly.
- PrEP is free in Scotland via NHS Sexual Health Clinics.

How is PrEP Taken?

PrEP can be taken in different ways, depending on someone's needs. Most people take PrEP as a small blue pill, which is simple and discreet. It can be prescribed for daily use, or on an event-based schedule. When someone is prescribed PrEP, their clinician will discuss which option is best for them.

PrEP Treatment Options

Daily Pill

Taken once a day.
Suitable for everyone.
Offers routine and regularity.

Long Lasting Injection

A newer option involves injections (typically every two months).
Provides continuous protection without needing to remember pills.

Event-based PrEP (on Demand)

Taken around the time of planned sex (according to a specific schedule).
Different types of schedules are required for different people to ensure adequate protection.

Who Might Use PrEP?

HIV PrEP is for anyone who is HIV negative and is at higher risk of getting HIV. Some people who may benefit from this include:

- Gay or bisexual men, or other men who have sex with men.
- People who are from, or have partners from, countries where HIV is more common (such as parts of Africa), or they travel to those countries.
- People who inject drugs or have sex with someone who injects drugs.
- People who sell or exchange sex.
- People who are trans or non-binary.
- People who have sex with someone living with HIV who is not on effective treatment.



Important Things To Remember

- ★ PrEP is a safe and effective way to prevent HIV.
- ★ You don't need to assess risk — just be aware that PrEP exists and know where to access it.
- ★ Signpost or refer people to a sexual health clinic or their GP.
- ★ Using PrEP is a positive step towards taking control of one's health. By knowing about PrEP and where to refer people, you can support others to take charge of their sexual health and help reduce HIV transmission in Scotland.